

LONDON metro®



THIS TOUGH DAME IS IN THE NOIR

ACTRESS ALEXA DAVALOS TALKS DONNING SEAMED STOCKINGS FOR HER ROLE IN MOB CITY **PAGE 12**

Mustang kicks off holiday food drive

Western kicker helped start this year's drive, which aims to beat 259,870 pounds of food collected **PAGE 3**

Granting wishes, one child at a time

Londoner's foundation hopes to raise more donations to help seriously-ill, underprivileged kids **PAGE 5**

Canadian football rules in these parts

Survey finds just 19 per cent of Canucks would want an NFL franchise if it meant the demise of the CFL **PAGE 18**



OLG Prize Centre

NOW OPEN SATURDAY

Arson suspect dies after blaze



Damage to the house at 152 Columbia Ave. All occupants are safe, although one was taken to hospital and treated for smoke inhalation.

MIKE DONACHIE/METRO

Early-morning trauma. Police say dead man was former husband of a resident



MIKE DONACHIE
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Grim events in London Sunday morning left one man dead and six people forced from their home by a fire.

Police said the ex-husband of a woman living in the house at 152 Columbia Ave. started a fire that engulfed the exterior.

The early-morning drama left the man dead, after taking his own life.

He had tried to flee but his car became stuck in the snow just metres away after it narrowly missed two pedestrians, said police.

Six people live in the house, said officers at the scene.

None were injured in the blaze, although one person was taken to hospital and

treated for smoke inhalation.

The incident began at about 5:30 a.m., said the police, when the man set fire to the front of the house.

Later in the morning, a burned-out firework was lying nearby and gasoline was on the driveway.

As the fire continued, the man fled, but abandoned his car a short distance down Columbia Ave.

The police were quickly at the scene and a K9 unit began to search, but the man was found dead nearby.

The residents were sheltering in a neighbour's house Sunday and declined comment.

But one woman, who said she was the mother of some occupants, said she was upset about the damage to a car in the driveway.

"That little blue car there was my husband's car," she said. "I gave it to my kids when I lost him to cancer."

"Now the car is destroyed. That hurts more than anything."

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Neighbourhood facilities

Centres are
'one-stop shops'
for families

There was a grand opening on Saturday for two new family centres designed to make lives easier.

The city now has Westmount Family Centre, at 1019 Viscount Rd., attached to Jean Vanier Catholic School, and Carling-Thames Family Centre, at 335 Bellfield St., attached to Northbrae Public School.

Representatives from the Child and Youth Network (CYN), the London District Catholic School Board, Thames Valley District School Board, London Children's Connection, YMCA of Western Ontario, residents and neighbourhood associations gathered to celebrate the openings.

The idea behind the family centres is to let the Child and Youth Network have a full spectrum of family services under one roof.

They bring together programs and services including education and child care, health and wellness programs, parenting programs and recreation and leisure.

A community development approach ensures that the programs and services can respond to the needs of the families in each neighbourhood.

"This is truly about re-thinking how services are provided, and about how we can improve outcomes for all children and youth by integrating services in ways that make sense for families," said Lynne Livingstone, chair of the Child and Youth Network.

Mayor Joe Fontana said: "It's a one-stop shop for families — right in their neighbourhood."

METRO



A new future ahead: The Kingsmill's store is at the centre of plans for a social innovation space. MIKE DONACHIE/METRO

The ups and downs of Kingsmill's retailer

Department store. Pillar chief explains plans for future of iconic building

Dundas Street has had its ups and downs, but there's one spot that beats them all.

The famous elevator in the Kingsmill's department store has been a favourite feature of Londoners for generations.

Now that Kingsmill's is looking at a new future as the headquarters of London's social innovation space maybe the change isn't quite as radical as some thought.

As part of the \$6.3-million plans led by Pillar Nonprofit Network, retailers should rent space on the ground

floor, while arts, culture and heritage groups use other areas.

Getting to those areas may even include a ride in the much-loved elevator.

"We were looking for (a building) that embodies the creativity and, I guess, innovation that we're looking to do in the space," said Michelle Baldwin, Pillar's executive director.

She said the building's large, open interior is perfect for their purposes. It has also been maintained to a high standard, so it doesn't come with the costs associated with many older buildings downtown.

The Kingsmill's building also has a legacy that the social innovation project will be able to carry on, Baldwin

At a glance

- Kingsmill's has been for sale since September, when Tim Kingsmill, the fourth generation of the family that opened the store in 1865, said he planned to retire.
- The deal to take over involves Pillar Nonprofit Network, Emerging Leaders, London Heritage Council, London Arts Council and

other groups.

- The idea is they will share space, ideas and resources with a variety of tenants, giving birth to projects that will benefit all of London.
- Funding for the plans depends on tenants and other partners being found.

said.

A meeting with architects later this week will decide what will actually happen to the building.

Baldwin said the aim is to make as few changes to the interior as possible. She

hopes that even the elevator will remain, if possible.

The success of the project depends on who gets involved. Baldwin hopes that publicity will attract interest from the retail sector.

MIKE DONACHIE/METRO

London Lightning game. Warm welcome for international students

The contribution made to London by its students from far and wide was recognized at the London Lightning game Saturday night.

Leading politicians including Mayor Joe Fontana were at the event for a program of events for international students.

Almost 500 were there for formal welcomes, an autograph session with Lightning players and of course the game itself, in which the Lightning beat the Moncton Miracles 101-91.

London has 6,000 international students from more than 110 countries.

MIKE DONACHIE/METRO



Award-winner Alfredo Caxaj
CONTRIBUTED

Sun shines on Sunfest man

The sun shines on Sunfest Executive and Artistic Director Alfredo Caxaj after being tabbed as one of the 10 most influential Hispanic Canadians.

The Canadian Hispanic Business Alliance announced at a gala dinner in Toronto on Nov. 27 that Caxaj was on the list that includes lawyers, scientists, entrepreneurs and other trailblazers representing five provinces and eight Latin countries of origin.

"It is a great honor to be recognized at the national level with this award, and a tremendous encouragement for continuing to enrich the cultural and artistic life of London and region," Caxaj said in a release.

The TD Sunfest will celebrate its 20th anniversary next July 2-6, with new to-be-announced headliners and an extra day of music, food and fun including acts and exhibitors from around the world.

SCOTT TAYLOR/METRO

Food drive kicks off for the holidays

Business Cares.

Football star Lirim Hajrullahu shows his skills for a good cause



MIKE DONACHIE
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With one mighty kick, it began.

Actually, it took a few kicks. The first one broke a can or two but it was all in fun.

Western Mustangs kicker Lirim Hajrullahu showed his skills as he helped start this year's Business Cares Food Drive.

And, as he kicked, the volunteers were already working to help families in need this winter.

Chair Wayne Dunn spoke to a launch event at Western University Friday, exhorting businesspeople and others to join the effort, which aims to beat last year's total of 259,870 pounds of food collected.

"No business or individual is too small or too large," said Dunn, who revealed some concerning statistics.

More than 3,600 families

Target

259,871

The target for this year's Business Cares Food Drive is 259,871 pounds of food.

— totalling 9,400 individuals — use the London Food Bank every month, he said. That's up 4.4 per cent over last year.

Of those who benefit, 41 per cent are younger than 17.

So the need to support people during the holidays is especially great.

Last year, more than 400 businesses signed up to donate or to encourage their staff and customers to donate. Already this year, more than 200 are on board and the search is on for more.

Those already involved include Western, Sifton Properties, the City of London, Covent Garden Market, homebuilders and financial institutions.

Budweiser Gardens and the sports teams it hosts are also helping, with "Be a fan, bring a can" events at the London Knights games on Dec. 13 and 15 and the London Lightning game on Dec. 14.

Visit businesscares.ca to find out how to join in.



Western Mustangs kicker Lirim Hajrullahu, with help from campaign chair Wayne Dunn, sends a football towards goalposts made of cans to start the Business Cares Food Drive. MIKE DONACHIE/METRO

Snow. Buried hydrants a danger, say firefighters

City residents are being asked to shovel excess snow away from fire hydrants on or near their property because firefighters may not be able to see them should an emergency arise.

The recent snow and windy conditions have caused some hydrants to be hard to find, though a thaw over the weekend should have helped.

Another issue that arises with heavy snowfall is that of blocked vents for furnaces, gas fireplaces, hot-water heaters and other fuel-burning ap-

pliances.

"This can cause a buildup of carbon monoxide gas inside the home," said London Fire Department public educator Rick Jefferson in a release. "It's an invisible, tasteless, odorless gas that can be lethal. We hope that people will take great care and keep their vents clear to avoid being poisoned."

Those aware of a buried hydrant but are unable to have it cleared can call the fire department non-emergency line at 519-661-4565 to report it.

SCOTT TAYLOR/METRO

Proudfoot Lane

Man killed in road crash

A 75-year-old man has died after a road crash in London.

Police said it involved one vehicle and happened at about 12:13 p.m. Sunday on Proudfoot Lane. A red SUV was driving southbound when it left the road and struck a tree, said cops.

The driver was taken to hospital where he was later pronounced dead. A female passenger was uninjured.

The cause of the crash and the cause of death were being investigated. METRO

Trafficking investigation

Three drug-related arrests made in Woodstock

Three people, two of them from London, have been arrested in Woodstock in an investigation into drug trafficking.

Woodstock police said its criminal intelligence/drug-enforcement unit was involved.

Elude George Chambers, 40, of London, and Zohaib Khan, 27, of Hamilton, were each charged with possession of a

controlled substance for the purpose of trafficking, and possession of property obtained by crime.

Jennie Parnell, 37, of London, was charged with possession of a controlled substance for trafficking, and possession of a controlled substance.

The investigation resulted in the seizure of cocaine, crack cocaine and Canadian currency with a combined street value of about \$11,800.

Anyone with information is asked to call the Woodstock Police Service at 519-537-2323.

METRO

Ontario. Electricity rates to keep rising

There will be a new focus on helping Ontario consumers better control their electricity costs when the Liberal government releases its long-term energy plan Monday, but the bottom line is rates will continue to increase.

Electricity rates in Ontario increased an average of 3.4 per cent each year since the Liberals were elected in 2003, slightly below the 3.5 per cent average for the previous 20 years, said Energy Minister Bob Chiarelli.

"Looking to the future, we expect that rates will continue to increase, but we have taken very significant steps to mitigate those rate increases," said Chiarelli.

"That includes taking \$20 billion out of the rate base moving forward, which will have a significant reduction in the level of increases that we're going to see."

The \$20 billion taken out of the system includes \$15 billion for the government's decision not to build two new nuclear reactors and \$3.7 billion in savings from renegotiating a green energy deal with Korean multinational Samsung.

Those steps will more than offset the impact of the estimated \$1.1 billion cost of cancelling gas plants in Oakville and Mississauga and relocating them to the Kingston and Sarnia areas, said Chiarelli.

The province has spent \$31 billion updating its electricity system in the past decade, including \$10 billion on new transmission lines and the rest on new generation — mainly in the form of 19 new natural gas-fired plants, with two more to come.

Those gas plants give Ontario a lot of flexibility to meet demand, Chiarelli said, because they can be powered up and down very quickly, unlike nuclear reactors, and are always reliable, unlike wind and solar energy. The gas plants normally operate at 30-to-60 per cent capacity, which leaves room to ramp them up when needed.

Nuclear will remain the largest component of Ontario's electricity mix, but is expected to fall to about 47 per cent from around 55 per cent in the new plan, which will reflect the fact the province will stop burning coal to generate power by the end of next year.

THE CANADIAN PRESS

Multicultural club's roundtable to tackle immigrant labour barriers

Newcomers. Event on workforce integration will include Ontario's minister of citizenship and immigration

TODD DEVLIN
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Roughly one in every five Londoners is an immigrant, and yet there remain significant barriers for newcomers to the city.

That's the message the London Multicultural Club is

trying to convey leading up to its roundtable event this month.

More importantly, the club is hoping that the event — to be attended by Ontario Minister of Citizenship and Immigration Michael Coteau — will help seek solutions to some of the obstacles faced by immigrants to the Forest City.

Deeq Abdi, a board member of the London Multicultural Club, says chief among those barriers is the difficulty immigrants have in landing jobs in their respective fields despite having the necessary education and credentials

Raising awareness

"If we don't speak up for ourselves, nobody will speak up. We're hoping to give a voice to others in the community."

Deeq Abdi, a board member of the London Multicultural Club, on the barriers to entry for skilled immigrant workers.

from their home countries.

"Too many, when they arrive, they end up unemployed or driving a cab," said Abdi, who added that the current situation is leaving many newcomers disillusioned.

The club

The London Multicultural Club has been in operation since 2010, but became officially incorporated this past July.

- The group has already done a lot in the community. Last

month, they held both a prayer vigil and another Relief Fundraiser for the victims of Typhoon Haiyan in the Philippines.

- For more information, visit londonmc.ca.

40 percent of whom reside in Ontario.

Abdi believes there's a lack of direct communication between the federal and provincial governments around the training and licensing requirements that get skilled immigrants into the jobs in which they've been educated and trained. He's hoping this month's roundtable event will be beneficial.

"We're hoping for change," Abdi said. "And if we don't speak up for ourselves, nobody will speak up. We're hoping to give a voice to others in the community."

On-street meters

Santa's bringing free parking

There will again be free parking in the downtown core, Richmond Row and Old East Village this holiday season.

But the city has warned that people should note that each meter has a maximum parking time limit posted on it.

Free parking does not apply in parking lots.

Only specially marked on-street individual meters qualify for free parking.

People need to look for the "Free Parking - Courtesy of the City of London" notice. **METRO**

Christmas in London

Crowds take in festive weekend

With Christmas on the way, the weekend was especially festive in London.

Friday night saw huge crowds gather at the lighting of the lights in Victoria Park.

The Winter Wonderland display was switched on after carol-singing led by Mayor Joe Fontana and city councillors.

Anyone who wants to see the lights from the 12th floor of city hall is welcome to head up. Visit london.ca for opening times.

Over in Hyde Park Saturday, Santa Claus himself put in an appearance at the Christmas parade.

METRO



An OPP officer talks to a motorist at the launch of the annual Festive RIDE program on Friday. The driver was allowed to go on his way. SCOTT TAYLOR/METRO

Festive RIDE cop: 'We're going to be everywhere'

Do the math. You drink, you drive, there's a good chance police are going to be waiting somewhere for you.

That's the message a small army of law enforcement brass tried to convey Friday on Colonel Talbot Road just below Hwy. 402 as the 2013 Festive RIDE program was launched.

London Police Superintendent Ken Heslop said his officers are once again going to be visible throughout the next six weeks.

"We're going to be everywhere," he said. "The number of impaired drivers has decreased over the years, but there are still too many who don't seem to get the message."

OPP Superintendent of

Operations Dan Redmond said awareness and enforcement are crucial, but with the numbers dropping there's also a chance to salute those who do the right thing.

"While we're out there every day looking for impaired drivers, the important thing about today is also to thank motorists who do drive sober and those who do make arrangements to have friends pick them up and drive them home."

Those who do that, he added, "will meet a nice officer on the side of the road and they'll have a good evening."

RIDE checkpoints will be set up on main and secondary, less-travelled roads for those trying to elude them.

SCOTT TAYLOR/METRO

Gonna find out who's naughty

"While we're out there every day looking for impaired drivers, the important thing about today is also to thank motorists who do drive sober and those who do make arrangements to have friends pick them up and drive them home."

OPP Superintendent of Operations Dan Redmond, at the launch of Festive RIDE.

London's secret sick kids Santa keeps on giving

Raising money for Christmas presents.

Leo Larizza keeps doing good work, but this time you can help

For years, Leo Larizza's foundation flew under the radar, but this Christmas he wants people to know all about what he's doing.

Few, outside of the nurses and staff at the Children's Hospital at the London Health Sciences Centre, knew just how many wishes he'd granted and how many gifts he'd delivered to seriously-ill children and other underprivileged kids in London.

Only last year did the 47-year-old Larizza go public about his efforts — which have spanned the last 28 years.

Even then, he did so not to be recognized for his one-man wish-granting foundation, but rather in an effort to raise more funds so he could help more children.

"I'm getting more and more demand for help," said Larizza, who in the past had relied on a once-a-year letter to potential donors, as well



The charitable Leo Larizza
CONTRIBUTED

as his own personal savings. "And the more funds I can raise, the more I can do."

The TLC Foundation has helped thousands of children over the years. There have been trips to Disney World, tickets to concerts, a first bicycle, motorized wheelchairs, and even horses for children with disabilities.

Christmas is a special time for the Teresina Larizza Charities Foundation, which the founder named after his mother who passed away suddenly around Christmas time 11 years ago.

"She always taught me to give to others no matter what you had," Larizza said. "I feel

terrible for sick kids. I feel it's unfair.

"I can't do anything for the pain, but I can certainly make them forget about it for awhile."

TLC provides gifts to hundreds of underprivileged kids in the city at Christmas time. Lists are compiled by agencies like Life Spin and Big Brother Big Sisters, and more than 100 volunteers, including members of the London Police and Fire Departments, help deliver the gifts on Christmas Eve.

More than 800 kids received gifts last year, specifically the gifts they wished for.

TODD DEVLIN/FOR METRO

Christmas shopping

This year's shopping date is set for Dec. 12, and Larizza and his team of volunteers are gearing up for another successful holiday season bringing smiles to children's faces.

- If you would like to donate to this year's TLC Christmas Drive, visit tlcfoundation.ca.

Fanshawe prof whips up a prizewinning storm at world cook-off

London's own expert in all things tasty has tasted victory in Basel, Switzerland.

Fanshawe College professor Scott Baechler, with members of Culinary Team Canada, won gold and silver at the internationally-renowned Salon Culinaire Mondial.

The team took gold in the cold food category on Nov. 23, and silver in the hot food category on Nov. 24.

Baechler, a certified chef de cuisine, was one of six competing 'core team' members representing Canada.

In addition to presenting two cold-plated entries, Baechler competed against

Team Switzerland chefs in front of about 8,000 spectators, preparing appetizers and seafood salad.

"It has been a huge honour and privilege to participate in this competition," said Chef Baechler.

"It has been exhilarating, but also very intense. This is a game of fatigue as much as skill."

The Salon Culinaire Mondial, held every six years, is one of the three most prestigious international team-cooking competitions in the world. This year, more than 80,000 visitors attended the elite competition. **METRO**



Ready with all things yummy: Scott Baechler. MIKE DONACHIE/METRO

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New method of testing pot quality

The microscope at the University of New Haven, set at 10-times magnification, shows a marijuana leaf covered with dozens of tiny bumps. It's mould, and someone, somewhere could be smoking similarly contaminated pot and not have a clue.

Heather Miller Coyle, a forensic botanist and associate professor, says all sorts of nasty things not visible to the naked eye have been found in marijuana — mould, mildew, insect parts, salmonella and E. coli, to name a few. That's why Coyle and her students earlier this year began developing a new process to detect contaminants in marijuana through DNA profiling and analysis. The aim is to be able to identify potentially harmful substances through a testing method that could make the analysis easier and quicker for labs across the country in the developing industry of marijuana quality control testing.

Twenty U.S. states and



A marijuana leaf covered with mould seen at 10 X magnification.
NEW HAVEN UNIV./THE ASSOCIATED PRESS

Washington, D.C., now allow medical marijuana with a doctor's recommendation, and Washington state and Colorado have legalized recreational pot use. Connecticut and Washington state already require testing and other states are doing the same.

"If there's no certification ... it's like saying we don't check our meat for mad cow disease," Coyle said.

The health effects of marijuana tainted with mould, pesticides and other contaminants aren't clear, said Mason Tvert, a Colorado-based spokesman for the Marijuana Policy Project in Washington, D.C. The project was founded in 1995 to lobby for the reduction or elimination of penalties for marijuana use.

Marijuana can develop mould from an inadequate drying process or poor storage conditions after harvesting.

It can also become tainted with E. coli and other dangerous substances by being near farm animals.

The university's work also will include identifying whether cannabis material is real marijuana or a synthetic version.

THE ASSOCIATED PRESS



Squirrel monkey Baker rode a Jupiter IRBM into space and back in 1959. Jupiter, AM-18 mission, also carried an American-born rhesus monkey, Able, into suborbit. Both monkeys were recovered in good condition. COURTESY NASA

How NASA made heroes of two monkeys

Anthropomorphism. Miss Baker and Able — astronaut 'heroes' of their day, 1959

JESSICA SMITH CROSS
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When Miss Baker returned from space she became a media star, was given a bungalow and was married off, twice, to male squirrel monkeys — but she never fulfilled NASA's hope that she'd reproduce.

How NASA and the media anthropomorphized a pair of female space monkeys — one as a male military hero and the other as a housewife — in 1959 sheds light on how mythologizing astronauts can obscure real military and political goals for space exploration, according to a York University researcher.

In 1959, Baker, a squirrel monkey, and Able, a rhesus monkey, blasted off into outer space, survived and were recovered from the ocean by the American navy.

Jordan Bimm's paper argues the primates, which were originally seen as tools



Baker in a bio-pack couch being readied for Jupiter (AM-18 flight).
COURTESY NASA

Different times

In 1959 NASA conducted a test of about 20 female pilots who were judged to be equally as competent as men. But they were ruled out for space flight because of menstruation.

- In 2009's Night at the Museum: Battle of the Smithsonian, Able, a female rhesus monkey, was portrayed in a character opposite actor Ben Stiller as a male monkey military hero.

masculine Cold War era, Bimm said.

"Able died during military service, in a military hospital in connection with a rocket flight. To make that make sense to the American public circa 1959 they sort of warped her into a male," Bimm said.

Baker, however, survived for a long time afterwards and Dr. Dietrich Beischer of the Navy's Aviation Medical School at Pensacola was primarily responsible for casting Miss Baker as a housewife.

"He also gave her a habitat, which he called a bungalow..." said Bimm.

Lib 34%, PC 26, NDP 24

Liberal core constituency returns: Pollster

The battle lines for the next federal election could very well be taking shape as a new poll suggests Justin Trudeau's Liberals have solidified their lead.

Taken in the aftermath of the byelections, The Canadian Press-Harris/Decima survey indicates Liberal support is at 34 per cent,

down slightly from the 37 per cent recorded the week before. The Conservatives are hovering at 26 per cent, while the NDP is at 24 per cent. Pollster Allan Gregg says the latest numbers not only reinforce the split byelection results, but demonstrate a significant shift is underway in Conservative and Liberal support. "The Liberal core constituency is coming back to where they always were and ... you've seen a fairly significant erosion of the Conservatives' core constituency," said

Gregg. He says traditional Liberals — the so-called professional class and women — are returning to the fold, while stalwart Conservatives — men and rural voters — appear to be wavering and expressing disappointment with the Harper government.

Gregg says some of the disenchantment might be related to the Senate spending scandal, but he says he believes the trend is more long-term and could lead into the next election in 2015. THE CANADIAN PRESS

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Naval engineer planned to send classified docs to China: RCMP

National security.

Police were 'able to move quickly to disrupt a threat to Canadian interests'

A Canadian naval engineer is accused of trying to send classified information on Canada's shipbuilding strategy and marine sovereignty to the Chinese government.

Qing Quentin Huang, 53,

from Waterdown, Ont., was arrested in nearby Burlington on Saturday, just two days after the RCMP say they became aware of the allegations against him.

The RCMP said they learned on Thursday that Huang was allegedly taking steps to pass on classified information to China relating to Canada's national shipbuilding strategy.

Huang is a Canadian citizen and an employee of Lloyd's Register, a subcontractor to Irving Shipbuilding Inc., the RCMP said Sunday at a news confer-

ence to announce the arrest.

"These are documents of a confidential and sensitive nature to the government of Canada that relate to their vessels that support our marine services in relation to sovereignty here in Canada," said RCMP Chief Supt. Jennifer Strachan.

The national shipbuilding strategy includes patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers, she said.

Huang is charged under the Security of Information Act

Swift action

Police were able to act quickly to safeguard the information.

- The investigation involved various policing agencies, the RCMP said.

with two counts of attempting to communicate classified information to a foreign entity.

THE CANADIAN PRESS



RCMP Chief Superintendent Jennifer Strachan announces the arrest of Qing Quentin Huang for allegedly trying to send sensitive Canadian government information to China. AARON VINCENT ELKAIM/THE CANADIAN PRESS



Cars from a Metro-North passenger train are scattered after the train derailed in the Bronx neighbourhood of New York, Sunday morning. EDWIN VALERO/THE ASSOCIATED PRESS

Four dead after train derails in the Bronx

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Gov. Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said author-

ities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety Board were en route.

Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman

Marjorie Anders said the big curve where the derailment occurred is in a slow speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90

metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the MTA said.

MTA Chairman Thomas F. Prendergast said speed was one of the factors authorities planned to investigate.

THE ASSOCIATED PRESS

Halifax. Company says bullying not a factor in employee's suicide

The president of Irving Shipbuilding is denying that workplace harassment played any role in the suicide of long-time shipyard employee Peter MacKenzie in Halifax earlier this week.

"No aspect of our investigation around Mr. MacKenzie involved bullying. None whatsoever," said Kevin McCoy.

Nearly 200 Irving employees in Halifax walked off the job on Thursday when they learned of their co-worker's death following what they described as months of bullying by management.

"He was singled out and harassed," said a shipyard worker who worked with MacKenzie for 25 years but asked not to be named. "We've had enough and it's as simple as that."

McCoy said management received no reports of bullying involving MacKenzie, adding that he recognized emotions

ran high on Thursday.

"We take very seriously any complaints of harassment," he added. "There's no place for that in our shipyard."

MacKenzie had received a 30-day suspension due to what management described as issues to do with the daily safety inspections of his scaffolding.

Halifax police said they responded to a suicide call to a home in Eastern Passage, N.S., at 2:30 p.m. on Wednesday and found a 58-year-old man dead.

McCoy said Irving Shipbuilding has been cracking down over the past year ever since internal investigations uncovered reports of intimidation and threats in the shipyard.

Five of the seven Irving Shipbuilding employees who lost their jobs in the past year were let go due to workplace violence or threats of workplace violence.

GEORDON OMAND/FOR METRO IN HALIFAX

In a hurry. Man steals ferry because he wanted to go to West Seattle: Cops

Seattle police say a man was arrested Sunday after he allegedly stole a Victoria Clipper ferry boat and headed out into the middle of Seattle's Elliott Bay.

The boat was reported drifting about 300 yards from a pier on the Seattle waterfront at about 7 a.m.

SWAT officers eventually boarded the boat and ar-

rested the man.

According to police, the man said he took the boat because he wanted to go to West Seattle. They're still trying to determine how he managed to commandeer the ship.

The Victoria Clipper provides ferry service between Seattle and Victoria, B.C.

THE ASSOCIATED PRESS

Massive anti-government rally turns violent in Ukraine

Dozens injured in clashes with police.

Around 300,000 take to Kyiv streets to demonstrate against president's refusal to sign deal with EU

A protest by about 300,000 Ukrainians angered by their government's decision to freeze integration with the West turned violent Sunday, when a group of demonstrators besieged the president's office and police drove them back with truncheons, tear gas and flash grenades. Dozens of people were injured.

The mass rally in central Kyiv defied a government ban on protests on Independence Square, in the biggest show of anger over President Viktor Yanukovich's refusal to sign a



Protesters clash with police guarding the presidential administration building in downtown Kyiv, Ukraine, Sunday. Around 300,000 demonstrators chased away police to rally in the centre of the city. Police allowed the rally to proceed peacefully, but when a few thousand protesters tried to storm the nearby presidential administration building, riot police drove them back. SERGEI GRITS/THE ASSOCIATED PRESS

political and economic agreement with the European Union.

While opposition leaders called for a nationwide strike and prolonged peaceful street

protests to demand that the government resign, several thousand people broke away and marched to Yanukovich's nearby office.

A few hundred of them threw rocks and other objects at police and attempted to break through police lines with a front loader. After sev-

eral hours of clashes, riot police used force to push them back. Dozens of people with what appeared to be head injuries were taken away by ambulance.

Quoted

"Our plan is clear: It's not a demonstration, it's not a reaction. It's a revolution."

Former interior minister Yuriy Lutsenko, who is now an opposition leader

Opposition leaders denounced the clashes as a provocation aimed at discrediting the peaceful demonstration and charged that the people who incited the storming of the presidential office were government-hired thugs.

Several opposition leaders walked over to Yanukovich's office to urge protesters to return to Independence Square. Order appeared to have been restored by Sunday night, with rows of riot police standing guard behind metal fences.

THE ASSOCIATED PRESS

Canada criticized over policy on info obtained via torture

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express concerns about the policy.

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's

Secret directive

The government once insisted that CSIS would toss out such information, but secretly issued a directive in December 2010 telling the spy agency to act on it to protect lives or property.

- Amnesty International Canada and the official Opposition publicly urged the Conservatives early last year to impose a total ban, saying there can be no exceptions when it comes to torture.

then-ambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

Janez Lenarcic, director of OSCE's Office for Demo-

cratic Institutions and Human Rights, wrote to the Canadian OSCE delegation to express concerns such a directive "would undermine the implementation of OSCE human dimension commitments and international human rights standards — in particular the absolute prohibition of torture and other forms of ill-treatment," said office spokesman Thomas Rymer.

Canada's then-ambassador to the OSCE, Fredericka Gregory, forwarded the letter to Ottawa, and the matter eventually landed on the desk of Lynda Clairmont, senior assistant deputy minister for national security in the Public Safety Department.

In preparing a response, Public Safety consulted CSIS, the Canada Border Services Agency and Foreign Affairs.

The late May 2012 reply to Lenarcic, signed by Gregory, pointed out that the 2010 directive had been expanded, giving CSIS the go-ahead to provide information to foreign agencies even when there is a "substantial risk" it will lead to torture.

THE CANADIAN PRESS



Death toll expected to rise in Scottish helicopter crash

Scottish Fire and Rescue services look on at a section of a police helicopter being lifted from the scene Sunday following a crash at the Clutha Bar in Glasgow. Emergency workers were sifting through wreckage for survivors of the crash onto the crowded pub that killed at least eight people and injured more than two dozen. The number of fatalities is expected to rise, officials said. SCOTT HEPPPELL/THE ASSOCIATED PRESS

Thailand

Protest leader meets with PM

The leader of Thailand's anti-government protests said unexpectedly that he had met the prime minister Sunday after daylong clashes between his supporters and police, but defiantly told her he would accept nothing less than having her elected government step down to be replaced by an appointed council.

Suthep Thaugsuban said the meeting with Prime Minister Yingluck Shinawatra was held under the auspices of the military. His account of defiance drew lusty cheers from his supporters. THE ASSOCIATED PRESS

Egypt

Morsi supporters clash with police

Police fired tear gas to drive hundreds of supporters of Egypt's ousted Islamist president Mohammed Morsi from Cairo's famed Tahrir Square on Sunday, as a panel tasked with amending a constitution adopted during his time in office convened for a second day. THE ASSOCIATED PRESS



Black Friday and Cyber Monday are all about getting, while Giving Tuesday is all about giving something back to your community. GETTY IMAGES FILE

Get and give this holiday season

Suffering from a shopping hangover?

The perfect cure could be giving back via a new philanthropic movement



PHOEBE HO
For Metro in Toronto

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart, Giving Tuesday, a day devoted to philanthropy and described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y

Giving Tuesday

"I love the idea here because I think it's very appropriate to remind people that we're all connected and we should celebrate giving."

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday

and supported by the United Nations Foundation, has already seen immense success, attracting over 2,500 partners to take part in its first year. Now a group of Canadian organizations are hoping to build on that momentum.

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect.

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms

of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own. So far, over 1,000 charities, partners and organizations have already signed on to participate in its first year.

"We didn't know what to expect," she said. "This is a

movement, there is nobody controlling this, there is no budget, and this is really how it spread in the States."

On Dec. 3, many Giving Tuesday partners will be hosting events and donation drives to raise money for various charities.

November and December are known as the peak season for donations, with roughly 50 per cent of all donations of the year made during that period, said Glogovac. Whether it's for cultural or spiritual reasons, and sometimes even practical due to the year-end tax deadline, she's hoping the day will become a long-standing tradition amongst Canadians.

"Nobody signed up retailers for Black Friday," she said. "We hope one day it will be as natural for people and retailers and businesses to really think of Giving Tuesday."

Social media movement

A day that's good for the community

Giving Tuesday was a no-brainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has been helping children find positive role models in the community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving

Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organizations such as ours ask for donations at a time of the year where people tend to want to be giving back."

This year, BBBSC will be promoting the day through social media in hopes of getting people to donate time or money. PHOEBE HO/FOR METRO

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NDP MAKES PITCH FOR INCOME EQUALITY

If NDP Leader Andrea Horwath has her way, the top-paid public-service executives will see a decrease in their salaries. Don't worry, I think they'll survive. After all, the 'hard cap' Horwath proposed in her private member's bill last week was \$418,000. But it would still begin to address the problem of overpaid execs.

"When a public sector CEO takes home more in a year than the average family earns in two decades, people feel like their money isn't being respected," Horwath said in a news conference. "Some CEOs are getting raises larger than what the average single-parent family will earn in a year."

The first part of Horwath's statement seemed to be a reference to Ontario Power Generation CEO Tom Mitchell, who made \$1.7 million last year. But the latter part includes many, many more public executives, and it's an issue that is adding to the income inequality problem Ontario faces.

There were 88,412 provincial employees on the Sunshine List (those making more than \$100,000) last year,



URBAN COMPASS

Todd Devlin
london@metronews.ca

which was up 11 per cent from 2011, and 38 per cent from 2009. London was home to more than 2,000 'sunshiners,' and even nine whose salary exceeded Horwath's proposed cap.

Earlier this year, Horwath cited the nearly \$600,000 salary the CEO of London Health Sciences Centre takes in to illustrate just how wide the gap is between top public execs and what the average Ontarian earns in a year.

Not surprisingly, there is no shortage of animosity from taxpayers on this issue, especially given that the average worker's salary has stagnated and the unemployment rate continues to be high. Yet, the salaries of public-service executives have continued to grow.

When the Ministry of Children and Youth Services made budget cuts this year, the London and Middlesex Children's Aid Society was forced to layoff 13 full-time staff, 27 part-timers and 10 supervisors.

Meanwhile, the number of CAS executives making more than \$100,000 increased (London's executive direc-

tor made more than \$200,000 in 2012).

One of the main arguments in favour of sky-high CEO salaries is that the position requires specific skills, experience and expertise.

In other words, the individuals in those roles are not expendable and they should be paid handsomely for their unique skills. But is it simply a supply-and-demand issue? While that may be true in some cases, I believe it's the exception rather than the norm.

That is the truth many don't want to hear (or admit): Nearly everyone is replaceable. For most top public executives serving right now, there are reams of qualified individuals ready to do the job just as well (or better). And many of those individuals, it should be noted, are willing to do the job for less pay.

What happens when you skim 20 per cent off the top of a CEO's salary? You're able to create multiple frontline jobs in the organization.

How about it? Who's going to be the first big-name public servant to take one for the team? It would surely make headlines.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

Are you saying there's a party in the 'Peg?



JOHN WOODS/THE CANADIAN PRESS

Anchorman says city named after a bunny

Will Ferrell, wearing his trademark Ron Burgundy moustache and Anchorman outfit, helped open the Canadian Curling trials in Winnipeg Sunday at the 2013 Roar Of The Rings. He even

tried his luck on the ice and then donned a kilt to the delight of fans. He met with reporters where he said the name Winnipeg was Latin for the small tundra bunny who lives in the hole on the hill.

The winners of the championship will represent Canada at the Sochi Olympics.

THE CANADIAN PRESS

Ferrell commentates for Olympic qualifier

Ferrell was in town to help promote Anchorman 2: The Legend Continues, due in theatres Dec. 20.

As for curling jargon, he said he knows what "hurry hard" means but uses it mostly

when he's stuck in traffic to get the driver in front to start moving.

He joined TSN curling broadcaster Vic Rauter to comment on part of the opening draw, and fielded questions such as, what can you bring to the sport of curling? To which he replied, "I can bring a certain amount of dignity and class." THE CANADIAN PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it, though be advised that these shenanigans technically break the Netflix terms of use.



CONTRIBUTED

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.com:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however — the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflix, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

Twitter



@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal orgs

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's...Legalize it..LoL

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SenseibleBC it's time to change these outdated laws for so many reasons

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Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise



**NED
EHRBAR**
Metro World News in Hollywood

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic '90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon Haiyan.

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost their lives."

Walker's fame rose with a string of hits in the late 1990s, before he took his place along-



Paul Walker, 40, is survived by his 15-year-old daughter, Meadow. THE ASSOCIATED PRESS

side Vin Diesel as the lead in the Fast and Furious franchise in 2001.

The seventh instalment of the franchise had begun shooting in September, with a planned release date of July 2014.

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped

the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire ... he was trying to save his friend ... there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in Peace."

Walker is survived by his

15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Hawaii.

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's investigating.

Fast Five (2011): The street-racing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Walker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

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2 SCENE



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Snappy patter and tough dames: Mob City evokes film noir classics

TV. Alexa Davalos says she happily donned seamed stockings and garters to appear in a series about post-Second World War L.A.

Alexa Davalos has handled her share of rough-and-tumble action in movies including *The Chronicles of Riddick*, *The Mist* and *Clash of the Titans*.

But in TNT's new series *Mob City*, the actress takes on the sophisticated nuances of film noir, in which come-hither glances and snappy patter are as key as the gunfire.

Davalos plays Jasmine Fontaine, a woman trying to keep her footing in a post-Second World War Los Angeles that's the dangerous turf of mobsters including Ben "Bugsy" Siegel (Ed Burns) and Mickey Cohen (Jeremy Luke), and the police waging war against them.

The drama series from writer/director Frank Darabont (*The Walking Dead*, *The Shawshank Redemption*), which debuts Dec. 4 for a three-week run, enthralled Davalos from the moment she read the first script.

It's evocative of such classic noir films as *The Big Sleep* and *Double Indemnity*, and so

is the Paris-born Davalos' performance, which recalls sultry, tough-dame turns by Lauren Bacall and Barbara Stanwyck. The 31-year-old actress discussed the genre and her character in a recent interview.

Did you have a passion for the noir genre before doing the series?

My grandfather is an actor (Richard Davalos, *East of Eden*), so I grew up watching all the films from that time period. I've always felt like I was born in the wrong era.

How would you describe your character, Jasmine?

She's a woman of that specific generation and all that entails. During the war, we know that women took on a lot of men's roles, and when the war ended and men came back, women were sent into a different space. I feel like Jasmine held on to that taste of individuality that she had.

The period costumes are beautiful. Were they fun to wear?

I miss it. I miss the garters, I miss the stockings, I miss every little element. I was given the choice, do you want to wear pantyhose, and I said no, no, no. I want to do the whole thing, top to bottom, the seamed stockings and all. Our costume designer, Gigi

(Giovanna Ottobre-Melton), is an out-of-control wonder, and she tailor-made things for me, cut patterns from the 1940s and did it herself.

What do you look for in a role, and did you worry about being typecast as a sci-fi or fantasy actor early on?

We all do a few things that you kind of look back on and think, no one will remember that; that will be fine. It's being young and finding your way with everything. The older I get, for me it's about fear. If I read something and it scares the hell out of me, that's what I want to do. If it's a challenge and a massive risk and I'm going out on a limb ... those are the ones I want. And they are few and far between. I don't work very much because I'm very specific about what I want to do.

What other projects have you done recently?

I did a little film called *Nina*, a small role. I played a French girl who was a nurse to Nina Simone. Zoe Saldana plays *Nina*.

What music do you listen to?

Sidney Bechet. I'm an old-timey gal. I have my granddad's record collection, which I treasure, and my father's — The Rolling Stones to Sidney Bechet. **THE ASSOCIATED PRESS**



Alexa Davalos in a scene from *Mob City*. DOUG HYUN/TNT/THE ASSOCIATED PRESS



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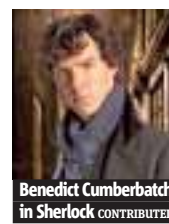
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Dramatic pause. Sherlock's return isn't so elementary

It was, perhaps, the greatest mystery of our time: When would the BBC's *Sherlock* return to the airwaves?

The addictive show has always been maddeningly casual about continuing its saga. You'd think, given that each season is only three episodes long, that stars Martin Freeman and Benedict Cumberbatch and showrunner Steven Moffat would be able to fit it into their busy schedules.

However, that has not proven to be the case. Three years elapsed between the first two seasons, and though production began on the third way back in March, no release date was announced. The delay was particularly torturous because the second season ended with *Sherlock* Holmes' apparent suicide. How will the show



Benedict Cumberbatch in *Sherlock*. CONTRIBUTED

get out of that one? We've been waiting since 2012 for the answer, and on Jan. 1, 2014, we'll find out. The BBC

made the long overdue announcement with some flair, at least: a hearse, bearing flowers reading *Sherlock* 01/01/2014, was spotted driving around London last week, and the BBC later confirmed a New Year's Day return date — in England, at least.

On this side of the Atlantic, it won't air until Jan. 19. I guess "Also 1/19/2014 in North America" wouldn't fit on the hearse.

METRO WORLD NEWS

Review

The Book Thief: Enhanced Movie Tie-in Edition

By Markus Zusak

Kindle/iBooks

•••••



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

During a life made arduous by Nazi rule, a girl uses stolen books to tell her tale. It's an unflinching account, very coarse in detail, but surprising in its warmth. This special edition weaves clips from the film into its pages, without being intrusive, and has a rewarding Q & A with author Markus Zusak waiting at the end.



Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila Kunis pregnancy rumours continue to swirl

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumours lately, with Kunis wearing suspiciously baggy clothing and Kutcher having less patience than usual with the paparazzi. "They want to have a baby now, and it's far more important to them than getting married," a source tells Radar Online.

And at least one thing is for sure: That baby will be

Jewish.

"Even if (Ashton) doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family. "Think Coney Island-style Russian immigrants," the source says. "They want Jewish babies, and Mila wants to give them to her family. Tradition is very important to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Clint probably told him to 'get off my lawn'



STARGAZING
Malene Arpe
scene@metronews.ca

Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose were playing. And what is wrong with "Bob" and "Jim?"

Vin Diesel teases that Ang Lee will direct him in the Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."



Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.

There is more grief over the death of the dog on Family Guy than over Clay's death on Sons of Anarchy and Carter's death on Person of Interest. It's exactly like that time when nobody cared I got punched in the face for inadvertently providing massive spoilers about fictional characters.



Sharon Osbourne.

Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience? "Having my vagina tightened," Osbourne says of the procedure. "It was just excruciating."



Justin Bieber.

Bieber busts out another tattoo

Justin Bieber has just about run out of room on his left arm, as the 19-year-old pop star sat for yet another tattoo after a show in Sydney, Australia this weekend.

Bieber posted a photo of

himself to Instagram looking none too pleased with the tattooing process as an artist went at his upper arm with a tattoo gun.

"Just got off stage to get tatted," he wrote.

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Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my

juuuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse.

Lavender is natural and has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly

what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell.

I know. I'm a genius. **KAT INOKAI, YUMMYMUMMYCLUB.CA**



Exclusively online

Children's Live Theatre. This is going to be just like going to a Weezer concert, right? Find out at metronews.ca/voices. Remember to ask Santa for the bestselling book *Reasons Mommy Drinks*, by Lyranda Martin Evans and Fiona Stevenson.



Confessions of a regular mom

Keeping it real.

Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS
YummyMummyClub.ca

Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his pyjamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.



Sometimes it's OK to order pizza, not the healthy whole wheat crust type either. ISTOCK

So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.

One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we

thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.

My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French,

who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay for it.

A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into total-meltdown-screaming-kick-ing-tantrum-craziness on the

front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.

We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD

Sorry if my kid ruins your kid's Christmas

My kid has been pumped about Christmas since last Christmas.

Her enthusiasm has reached a fever pitch in the past few weeks though, after finding out that many of her relatives will be staying here. That and her "list" — an inventory of the various toys she's seen that she really, really wants.

"We'll think about your list at Christmas and your birthday and times like that when we get you presents," we explain, while stressing that she won't be getting everything from her list, but that we'll use it as a

source of inspiration.

Somehow she's come to decide it's her Christmas list, which has us considering the letter to Santa phase.

We opted to take an honest approach to the Santa thing. While passing no judgement on parents who play up the Kris Kringle angle, we're not comfortable indulging in it. We won't go out of our way to make the point, but we're not going to go out of our way to continue the story either.

So, if the kid does ask to loop the Big Guy into her list

keeping, we're going to make it clear that nothing changes.

There won't be gifts under the tree marked "from Santa" and she'll be reminded that money isn't unlimited, Christmas is about more than gifts and she shouldn't expect to get everything she wants.

But, man, was that an easier stance last year when the kid spent her days at home with mom and — as a not-quite-three-year-old girl — the line between fantasy and reality was so blurred as to render "real or not" discussions largely useless.

This year, she's much more keenly aware of the difference between make-believe and real. "Daddy, my dog is just a toy, he's not real," she'll say when I ask her stuffed dog if he needs to go outside to pee.

Oh, and she spends 10 hours a week at preschool. With other kids. Who listen to things she says and, often, take them at face value.

Add that to the fact that she takes great delight in correcting people and the odds that my kid will be the one to ruin the Santa story for a class



What is your approach to Santa? ISTOCK

full of three-year-olds are pretty darn close to 100 per cent. **JOE BOUGHNER, YUMMYMUMMYCLUB.CA**

Salad that's hearty enough to stand up to the cold

ROSE REISMAN

For more, visit rosereisman.com
Follow her on Twitter @rosereisman

Ingredients

- 2 1/2 cups low-sodium vegetable stock
- 3/4 cup dried yellow lentils
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions (whole onion)
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced reduced fat feta cheese
- 6 large grilled shrimp



This recipe serves six. ROSE REISMAN

This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine

the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Appetizer. Shrimp Satay



1. Soak bamboo skewers in hot water for 30 minutes.

2. In a food processor, mince garlic. Add peanut butter, soy sauce, sesame oil, rice vinegar, ginger root and honey, and process until smooth. (Make ahead: Prepare peanut sauce up to two days in advance. Cover and refrigerate.)

3. Thread shrimp loosely onto bamboo skewers, 3 to 4 shrimp per skewer, leaving space at each end. Brush sauce over shrimp, covering both sides. Cover and refrigerate for a minimum of 20 minutes or for up to one hour.

4. Preheat contact grill. (If your contact grill has more than one temperature setting, set it to medium-high.) Spray both sides of grill with

vegetable cooking spray or oil. Place shrimp skewers on grill, close lid and grill for 2 minutes or until shrimp are pink and opaque. **THE CANADIAN PRESS/ 125 BEST INDOOR GRILL RECIPES BY ILANA SIMON (ROBERT ROSE INC., ROBERTROSE.CA, 2013).**

Ingredients

- 12 bamboo skewers (each 23 cm/9 inches long)
- 4 cloves garlic
- 50 ml (1/4 cup) peanut butter
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) sesame oil
- 30 ml (2 tbsp) seasoned rice vinegar
- 30 ml (2 tbsp) minced ginger root
- 30 ml (2 tbsp) liquid honey
- 1 kg (2 lb) jumbo shrimp, peeled and deveined

Tackle entertaining season with Italian Surf and Turf

1. Heat the oven to 400 F. Line a rimmed baking sheet with kitchen parchment.

2. Arrange the shrimp on the prepared baking sheet with all of the shrimp facing the same direction to form a series of C's. Remove the casings from the sausage, place a small mound of the sausage in the centre of each shrimp and press down so that the shrimp and sausage filling make a solid round.

3. In a small bowl, combine 1 tablespoon of the olive oil with half the garlic and all of the oregano. Sprinkle the shrimp lightly with salt and pepper, then brush the oil mixture over the shrimp and sausage. Bake the stuffed shrimp until they are cooked through, about 8 to 10 minutes.

4. Meanwhile, in a blender combine the red peppers, the remaining tablespoon of oil, the remaining garlic, the vinegar, and salt and pepper to taste. Blend until

smooth. Transfer to a small saucepan and heat just until hot.

5. To serve, arrange the shrimp on a serving platter, then drizzle each with some of the sauce. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 16 peeled and deveined large raw shrimp (about 8 to 10 oz)
- 6 oz hot or sweet Italian turkey sausage meat (about 2 links)
- 2 tbsp extra-virgin olive oil, divided
- 2 cloves garlic, minced, divided
- 1 tsp chopped fresh oregano
- Kosher salt and ground black pepper
- 1 cup roasted red peppers, drained and patted dry
- 1 tbsp balsamic vinegar



This recipe makes 16 shrimp. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.



Rib Eye Steak (12 oz)

1,049 calories/ 80 g fat

A rib eye steak is marbled with fat but it's oh so good! Too bad it contains an entire day's worth of fat.

Equivalent

One 12-ounce rib eye steak is equal in fat to three Boston Pizza lasagnas.



New York Strip (12 oz)

600 calories/ 16 g fat

The New York strip is lean, just trim the outside fat. It's close to half the calories of the rib eye and an acceptable fat amount that will save your heart!

Come and knock on our doors, we've been waiting to help you

Ask a professor. So what exactly are office hours for anyway?

LEE
SKALLERUP BESSETTE
Metro World News

Most students don't take advantage of the time professors set aside for office hours. I know this because I have spent many an afternoon sitting by myself in my office, waiting for students to come and sit and chat with me. And those who do come will timidly knock while apologizing about disturbing me. This is a part of my job, to offer extra assistance to you outside of the classroom when you need it. It's more disturbing to me when my students don't use my office hours.

Follow the leader

Make sure you know where your professors' offices are:

- It is perfectly acceptable at the beginning of the semester to follow the professor back to their office, prefaced with, "I just want to make sure I know where your office is in case I need to come see you during the semester."
- When you do show up for office hours (posted on the syllabus!), make sure you have a clear purpose in mind; this shows initiative and organization skills. It's ok not to understand an assignment, but make sure you come prepared to explain all the things that don't make sense!

But office hours aren't just for when you need extra help or explanation about an assignment. Office hours are an opportunity to get to know your professor, to forge a connection with them.

You can use the time to ask them about their research, their experience, or to seek advice about pos-

sible majors or career paths.

You never know when you're going to need that letter of reference, and you want to be able to approach professors whom you know and who know you beyond a final grade at the end of the semester.

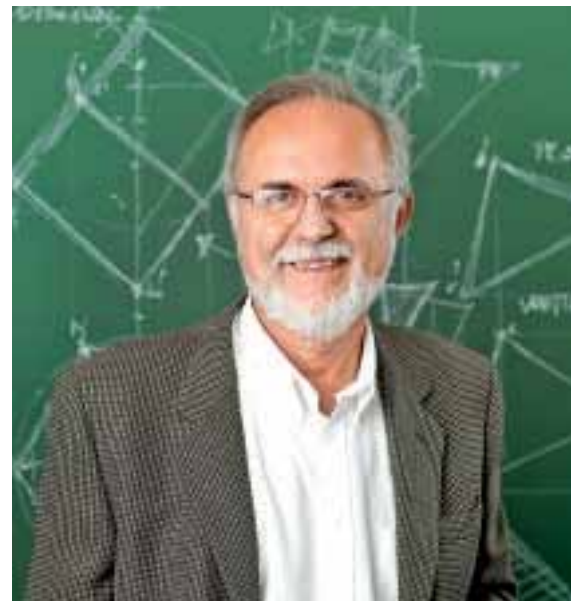
If you can show up at the beginning of the professor's office hours, do so. If not,

it is perfectly ok to come when you can within the posted times. If the posted office hours don't work for you because of your class and/or work schedule, speak to the professor before or after class to explain your situation and see if there is an alternative time when you can meet.

Always remember, we're here to help you on your journey through college and we want to see you succeed.

Office hours are one of the ways outside of the classroom that we can help you. But we can't help you if you don't show up.

DR. LEE SKALLERUP BESSETTE HAS BEEN A TEACHING AT THE COLLEGE LEVEL FOR ALMOST 15 YEARS, IN THREE DIFFERENT STATES, TWO COUNTRIES, AND TWO LANGUAGES. YOU CAN FOLLOW HER ON TWITTER @READYWRITING



Chances are your professor will be thrilled to speak to a student who's actually interested in the subject matter. ISTOCK

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'Round the world wisdom

Facing adversity? Laughter gives you wings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming. Later, we had to cross the

river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. I looked to see what had happened to the other runners, and sure enough, I saw my reflection. Most seemed upset, angered at having been put through this. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

Right then and there I made a promise to myself, one

that still persists today: laugh out loud at every unpleasant surprise. From there, I encountered hundreds more obstacles: sand, heat, blisters, pain...and that was just the beginning!

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall!

More important, the physical pain of running was trumped by the laughter: it felt easy.

When you appreciate the humour in life and let laughter in, obstacles assume less power and more opportunity. When have you last tried to counter adversity with laughter?

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



Sports in pictures



1 Golf. McIlroy gets first win of 2013

Rory McIlroy birdied the 18th hole to beat Adam Scott at the Australian Open on Sunday, winning for the first time in 2013 and denying Scott the Triple Crown of Australian golf. **THE ASSOCIATED PRESS**

2 Skiing. Vonn delays surgery

Lindsey Vonn is delaying further surgery on her partially torn right knee for as long as possible in hopes of skiing at the Sochi Olympics.

THE ASSOCIATED PRESS

3 Skiing. Aksel drops hammer in Lake Louise

Aksel Lund Svindal of Norway won the men's World Cup super-G on Sunday.

It was the third straight super-G win for Svindal in Lake Louise, Alta., after victories in 2012 and 2011.

THE CANADIAN PRESS

Senators' loss capped off by former captain

NHL. Alfredsson scores goal and assist in quiet return to nation's capital

On the day Daniel Alfredsson returned to Ottawa, the Senators got yet another reminder that things aren't the same this season without him.

Despite an empty-net goal and an assist, Alfredsson wasn't primarily responsible for the Senators' second straight loss and fourth straight at home. But in helping the Detroit Red Wings to a 4-2 victory Sunday night at Canadian Tire Centre, the long-time captain contributed to the continuation of his former team's woes.

Like so many times in their previous 27 games in the post-Alfredsson era, something was just missing for the Senators (10-13-4). Defensive breakdowns led to goals, and there wasn't enough offence to compensate.

Ottawa's power play went 0-for-4, while the Red Wings seemed to capitalize on every mistake. Alfredsson assisted on Johan Franzen's opening goal for Detroit (14-7-7), and Drew Miller scored twice.

Clarke MacArthur scored his eighth goal of the season for the Senators, and Mika Zibanejad made things interesting late, but it wasn't enough to make them a perfect 3-0 against the Red Wings this season. Ottawa won the first two meetings, both coming at Joe Louis Arena.

Red Wings goaltender Jonas Gustavsson, who like Alfredsson is a native of Goth-



Detroit forward Daniel Alfredsson salutes the crowd at Canadian Tire Centre before Sunday night's game between the Red Wings and Senators in Ottawa. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

On Sunday

4

Red Wings

2

Senators

enburg, Sweden, made 29 saves for the victory. Fellow

countryman Robin Lehner got the loss.

The pre-game fanfare was all about Alfredsson, who spent 17 seasons with the Senators, including the final 14 as their captain. A lacklustre first period followed a 67-second video tribute to Alfredsson, but the 40-year-old right-winger was involved in the scoring when it began in the second.

Alfredsson gave the puck

to defenceman Jakub Kindl as the Red Wings caught the Senators on an odd-man rush. With only defenceman Erik Karlsson back, Franzen had Henrik Zetterberg with him and Alfredsson trailing but decided to shoot and beat Lehner at the 8:22 mark of the second.

It was Franzen's seventh goal of the season and Alfredsson's 14th assist.

THE CANADIAN PRESS

NHL. Kesler helps Canucks earn victory in Carolina

Ryan Kesler scored two goals to lead the Vancouver Canucks to a 3-2 win over the Carolina Hurricanes on Sunday.

Tom Sestito also scored for the Canucks and Jason Garrison had two assists. Backup goalie Eddie Lack made 29 saves to help Vancouver pick up its third win in its past 11 games.

Kesler's second goal capped a stretch where the teams combined to score three goals in 37 seconds.

THE ASSOCIATED PRESS



Ryan Kesler corrals a loose puck on Sunday in Raleigh, N.C. **THE ASSOCIATED PRESS**

On the weekend. Knights, Lightning keep fans happy

There were wins all round for London's hockey and basketball teams on the weekend.

The London Knights got two victories, while the London Lightning were dominant in their Budweiser Gardens meeting with the Moncton Miracles.

On Friday, the Knights shut out the North Bay Battalion 4-0 at Budweiser Gardens on goals from Dakota Mermis, Bo Horvat, Nikita Zadorov and Josh Anderson.

The Knights beat the Peterborough Petes 4-2 on Saturday in Peterborough with two tal-

lies from Anderson, one from Santino Centorame and one from Alex Basso.

Next up is Sault Ste. Marie on Wednesday night at 7 p.m., at Bud Gardens.

On Saturday, the Lightning left the Miracles standing for their seventh win in a row.

Elvin Mims had 19 points and 16 rebounds and Garrett Williamson added 19 points as well.

The Lightning are on the road this week, playing in Ottawa on Wednesday and Mississauga on Thursday. **METRO**



Buffalo Bills' running back Fred Jackson celebrates a TD at Rogers Centre in Toronto on Sunday. GARY WIEPERT/THE ASSOCIATED PRESS

NFL North a tough sell even if CFL stays: Survey

Thanks, but no thanks.

Just 41 per cent want NFL team in Canada and only if it means CFL continues to exist

An overwhelming majority of Canadians don't want an NFL team in Canada if it means the demise of the CFL, a survey suggests.

Only 19 per cent of participants would be happy to see the NFL come to Canada if it meant the demise of the CFL, according to a survey, released Sunday, which was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge, and pollster Angus Reid Global.

"They'd have to co-exist, that's the simple bottom line," Bibby said in a telephone interview. "Compared to 1995, that viewpoint seems

to have even solidified."

Forty per cent of 1,007 on-line participants said they didn't want an NFL team in Canada at all. Another 41 per cent said they'd welcome an NFL franchise in Canada only if it co-existed with the CFL.

"People are feeling stronger about it," said Bibby.

According to the survey, since '95 Canadians have become more insistent that they'd only want the NFL here if the CFL continued to exist (41 per cent versus 32 per cent). Also, more people care about the issue now than 18 years ago (50 per cent compared to 33 per cent).

Atlantic Canada is the only region of the country without a CFL team. However, the survey says only three per cent would welcome an NFL franchise north of the border if it meant the death of the CFL.

The margin of error in the survey is plus or minus three per cent.

Quoted

"People aren't troubled about the NFL coming, but there's a big asterisk that they have to be assured the CFL is going to continue to live."

Reginald Bibby, a professor of sociology at the University of Lethbridge

On Sunday, the Buffalo Bills host the Atlanta Falcons at downtown Toronto's Rogers Centre a week after the Saskatchewan Roughriders defeated the Hamilton Tiger-Cats 45-23 in the Grey Cup at Mosaic Stadium in Regina.

Toronto has long been mentioned as a potential landing spot for an NFL club, but the survey says only 15 per cent of Torontonians would want a franchise in the city at the expense of the CFL. Eighteen per cent would be happy

to see the NFL in Canada only if the CFL continued to operate with only seven per cent not wanting the NFL on Canadian soil at all.

A larger percentage than in the rest of Canada, some 60 per cent, say they don't care much either way.

The survey states 21 per cent of Canadians are following the NFL compared to 26 per cent for the CFL. Fourteen per cent of each fan base follows both leagues.

However, the results show a large number of Canadians have a protective view of the CFL and relatively few want the NFL to come north, especially if its arrival means the demise of the CFL.

"To come in and just be triumphant about the fact that 'We're going to bring the NFL to Canada, three cheers you should all be excited,' isn't going to go over with Canadians," Bibby said.

THE CANADIAN PRESS

Wild overtime win

Falcons beat Buffalo in Toronto

Matt Bryant booted a 36-yard field goal as Atlanta Falcons snapped a five-game losing streak with a wild 34-31 overtime win over the Buffalo Bills at Rogers Centre on Sunday.

Atlanta's first possession in overtime was at the Buffalo 47 after William Moore stripped Bills' tight end Scott Chandler of the ball and it was recovered by Robert Alford, who then lateralled to Desmond Trufant. The Falcons (3-9) then drove to the Buffalo



Antony Smith
MARK BLINCH/THE CANADIAN PRESS

17, setting up Bryant's winning boot.

Atlanta forced overtime with Steven Jackson's one-yard TD run with 1:28 remaining in regulation. It

came after Buffalo's Nickell Robey was called for pass interference in the endzone, putting the Falcons at the Bills' one-yard line.

Buffalo took over at its 24-yard line and was driving when E.J. Manuel hit Stevie Johnson with a completion.

But Moore recovered the ball, allowing the Falcons to run out the clock and create the first-ever overtime game in the Bills Toronto Series.

The lost tarnished a solid performance by Buffalo running back C.J. Spiller, who ran for 149 yards and a TD. His 36-yard touchdown run at 3:12 of the fourth snapped a 24-24 deadlock.

The Bills (4-8) lost coming off the bye and fell to 1-5 during the regular season here as part of the Bills Toronto Series, which began in 2008 and was renewed in January for another five years.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Sunday's results

Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)

Saturday's results

NY Rangers 5 Vancouver 2
Boston 3 Columbus 1
Pittsburgh 5 Florida 1
New Jersey 1 Buffalo 0 (OT)
Montreal 4 Toronto 2
Washington 3 NY Islanders 2 (OT)
Philadelphia 3 Nashville 2 (SO)
Chicago 5 Phoenix 2
Colorado 3 Minnesota 2 (SO)
Calgary 2 Los Angeles 1
San Jose 4 Anaheim 3 (SO)
Monday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
New Jersey at Montreal, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
St. Louis at Los Angeles, 10:30 p.m.
Tuesday's games
San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, STL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornnton, SJ	4	25	29
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
H. Sedin, Van	7	20	27
Marleau, SJ	12	14	26
Karlsson, Ott	7	19	26
Ryan, Ott	13	12	25
Backes, STL	12	13	25
Little, Win	12	13	25
Toews, Chi	12	13	25
D. Sedin, Van	10	15	25
Pavelski, SJ	9	16	25
Backstrom, Wash	6	19	25

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 1/2
d-Toronto	6	10	.375	9 1/2
Washington	8	9	.471	8
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 1/2
Detroit	7	10	.412	9
Orlando	6	10	.375	9 1/2
Boston	7	12	.368	10
Philadelphia	6	12	.333	10 1/2
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	12	.200	12
Milwaukee	3	13	.188	12 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	14	3	.824	—
d-Portland	13	3	.813	1/2
Oklahoma City	11	3	.786	1 1/2
d-L.A. Clippers	12	6	.667	2 1/2
Houston	13	5	.722	1 1/2
Denver	10	6	.625	3 1/2
Dallas	10	8	.556	4 1/2
Golden State	10	8	.556	4 1/2
Phoenix	9	8	.529	5
L.A. Lakers	9	8	.529	5
Memphis	8	8	.500	5 1/2
Minnesota	9	9	.500	5 1/2
New Orleans	7	8	.467	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11 1/2

d-division leader

Sunday's results

Denver 112 Toronto 98
Indiana 105 L.A. Clippers 100
Detroit 115 Philadelphia 100
Miami 99 Charlotte 98
Golden State 115 Sacramento 113
Minnesota at Oklahoma City
New Orleans at New York
Portland at L.A. Lakers
Saturday's results
Washington 108 Atlanta 101
Cleveland 97 Chicago 93
Brooklyn 97 Memphis 88
Minnesota 112 Dallas 106
Houston 112 San Antonio 106
Milwaukee 92 Boston 85
Utah 112 Phoenix 104
Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
New Orleans at Chicago, 8 p.m.
Atlanta at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Indiana at Portland, 10 p.m.

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Horoscopes

♈ Aries

March 21 - April 20

There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

♉ Taurus

April 21 - May 21

It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

♊ Gemini

May 22 - June 21

Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

♋ Cancer

June 22 - July 23

It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

♌ Leo

July 24 - Aug. 23

What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

♍ Virgo

Aug. 24 - Sept. 23

Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

♎ Libra

Sept. 24 - Oct. 23

The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

♏ Scorpio

Oct. 24 - Nov. 22

You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

♐ Sagittarius

Nov. 23 - Dec. 21

If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

♑ Capricorn

Dec. 22 - Jan. 20

Generally you take people as you find them and don't care where they are coming from or where they are going to.

♒ Aquarius

Jan. 21 - Feb. 19

Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

♓ Pisces

Feb. 20 - March 20

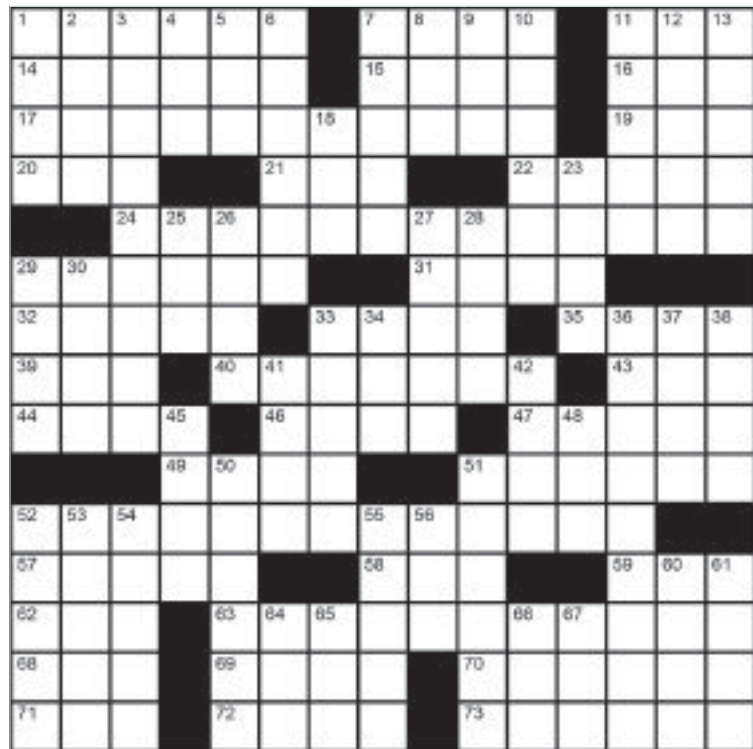
You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. HS class: 2 wds.
7. Tim Hortons CEO Mr. Caira
11. Bitter
14. In a forthright way
15. Puccini aria: "___ Babbino Caro"
16. Male sheep, in Brit.
17. Auction House in Toronto since 1850
19. Caesar's 61
20. Caesar's 551
21. 'Social' suffix
22. 2003 to 2007 series, "___"
24. Auction attendees, often: 2 wds.
29. Big leagues in baseball
31. Much: 2 wds.
32. Prefix to 'clast' (image breaker)
33. Sony co-founder, ___ Morita
35. Remain unsettled
39. Tarzan creator's monogram
40. Waterloo, ON: ___ Laurier University
43. Agnus ___ (Mass prayer)
44. Wall St. landmark, commonly
46. Breath mints, tic ___
47. Canadian actress Kelly
49. Sonny & ___
51. Wine-tasting need
52. Lady Gaga to her fans: 2 wds.
57. 1996 film for



- Madonna
58. Grind ___ halt
59. The: German
62. Winnipeg-born actor Mr. Cariou
63. Saskatchewan Building, in Regina
68. Energy unit
69. Scottish hats

70. Don't target correctly
71. Aliens, commonly
72. "Quiet..."
73. ___ Creek, Ontario

Down

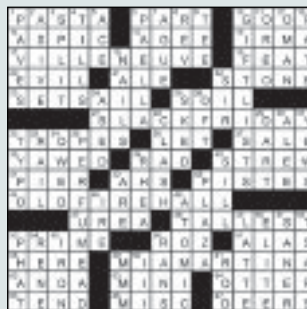
1. "___ you do that?"

2. Ring stone
3. 'Journalist' and 'TV Host', for example: 2 wds.
4. Halt
5. Yalie
6. Fault-finders
7. Traveller's lodging
8. 'I love', in Latin

9. ___ Tin Tin
10. Membership store
11. National Chief of the Assembly of First Nations, Shawn ___
12. Egyptian city
13. Sagas
18. Ronny & The Daytonas hit

23. Web address starter
25. Director Mr. Howard
26. Think, archaically
27. Animal dens
28. Time Machine people
29. Demeanor
30. "___ in the Dark" (1988)
33. ___ clock
34. Fast food chain, commonly
36. ___ Era (English history period of 1901 to 1910)
37. Shipshape
38. Have supper
41. Roman road
42. "Shoot!"
45. Genuine
48. Grand ___ Opry
50. Well-being department, ___ Canada
51. Sacred songs
52. Battle royal
53. Blatant
54. Dainty bell sounds
55. Range in Quebec, ___ Mountains
56. Headshakes
60. Songstress Ms. Sands
61. Saint-___ (Place in France where Vincent van Gogh painted)
64. Parisian water
65. Baseball execs
66. River island
67. Classy music gr. in Ontario

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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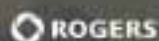
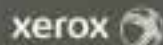


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